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HALIFAX HEROES
'CONNECTIONS TO LAST'
University student helping adults with intellectual disabilities
metroNEWS



Meagan Soley
JEFF HARPER/METRO

Sid the Kid growing up

NHL PLAYOFFS

Crosby leads Pens into final as more 'mature' player



Kristen Lipscombe
Metro | Halifax

Sidney Crosby may be just four wins away from bringing the Stanley Cup back to Cole Harbour but, as the Pittsburgh Penguins star recently told his minor hockey coach, "we still have work to be done."

Seven years after hoisting hockey's most coveted trophy for the first time, as 21-year-old Sid the Kid, he's now leading the Pens back into the Stanley Cup Final, this time as a 28-year-old NHL veteran.

The puck drops against

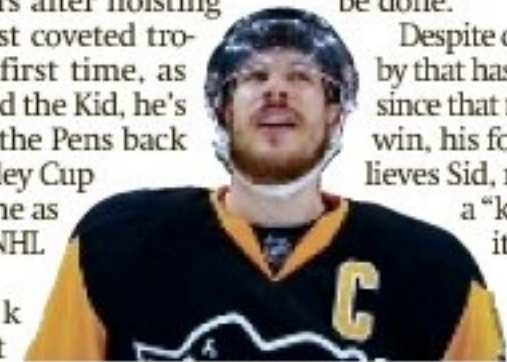
the San Jose Sharks for Game 1 of the best-of-seven series Monday night.

"I've talked to Sid a couple of times over the last few months, and as recently as after the ... win the other night," Brad Crossley said of texting back and forth with his former on-ice pupil last Thursday, after the Penguins edged the Tampa Bay Lightning 2-1 to capture the Eastern Conference Final.

"He's pretty excited, but he's so professional," Crossley, who coached Crosby when he played midget AAA with the Dartmouth Subways, said Sunday afternoon.

"His words were, 'Hey, it's great, but we still have work to be done.'"

Despite criticism of Crosby that has come and gone since that first Stanley Cup win, his former coach believes Sid, no longer really a "kid," has handled it all in stride.



Sidney Crosby GETTY



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NOVA SCOTIA'S MENTAL HEALTH EMERGENCY

Sparkling the conversation

FACES OF MENTAL HEALTH

Week-long series starts a discussion that must continue



Zane Woodford
Metro | Halifax

Overwhelming.

That's the only word to describe the response to last week's four-day Faces of Mental Health series in your Metro Halifax newspaper.

We started hearing from people right away, and dozens of tweets, emails, Facebook messages and voicemails rolled in all week from people with their own story to tell.

Stories like the ones we told: of feeling alone, of struggling to find help, and most import-

+ SOCIAL MEDIA

Metro wants to keep the conversation going.

We won't let the conversation end and neither should you.

Using the hashtag #FacesofMentalHealth, we're asking you to Tweet Premier Stephen McNeil (@StephenMcNeil) to let him know about your stories, and what needs to be done.



Clockwise from top-left: **Tyler Simmonds, Susan Killbride Roper, Shawntay Rose Dann and Laura Burke** were profiled in last week's Metro feature on mental health in Nova Scotia. JEFF HARPER/METRO

antly, of finding hope again.

We want to tell those people who reached out, we hear you. We may not always have the time, or the space to tell all of your stories, but we're listening.

We hope you continue to tell your stories, and we hope — above all else — that this series will start a conversation.

That people will talk about

their mental health.

That people will keep trying to find the help they need.

And that they actually get it.

We started this series because of Cody Glode, a young man with a promising life ahead of him. A life cut short by mental illness and a system many feel is ill-equipped to treat it.

Cody is one of the more than 100 Nova Scotians who don't find the help they need every year.

How do we help people like him?

We still don't have the answer, but each of the four stories we told last week shows what works and what doesn't work in our province's health-

care system.

None of the four people we spoke to got the help they needed right away, but they all found it eventually.

They found it at clinics, peer support groups, community organizations, and even on stage.

This series began with a specific request: raise the percentage of health-care funding

HOW TO GET HELP

If you're in crisis, go to the nearest hospital, call 911, or call the province's crisis line at 1-888-429-8167 (toll free), available 24 hours a day, seven days a week.

If you're looking for programs and services, or information about mental health, contact the Canadian Mental Health Association at 1-877-466-6606 (toll free).

going to mental health and addictions to 13 per cent.

Nova Scotia Health Minister Leo Glavine would not commit to that number, but he did express a desire to improve the system, to tackle what he calls "the illness of the 21st century."

Canadian Mental Health Association Nova Scotia division executive director Pamela Magee told us she's hopeful for the future of the province's system, and she truly believes we can be leaders in the field of mental health-care.

But first, we need to learn to talk about it.

We need to strip away the shame of a diagnosis of depression, bipolar disorder, schizophrenia, or any other mental illness.

And you need to keep telling your stories.



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A passion for inclusion

MEAGAN SOLEY

Event planner includes those with intellectual disabilities

Yvette d'Entremont
Metro | Halifax

Meagan Soley's passion for creating social networking opportunities for people with intellectual disabilities was first sparked when she was in high school.

For the past two years, the fourth-year Mount Saint Vincent University student has been the driving force behind the DiscoverAbilities Events Society, which became a registered non-profit in 2014.

Soley attended an inclusion conference as a teen, and the experience stuck with her. That's when she started working with high school students who had special needs.

"A lot of times in high school, people with special needs are tucked away in learning centres ... they don't get the chance to interact with people a lot and they don't get the opportunity to make a lot of friendships," Soley said.

Soley forged many friendships as a result of the annual



Meagan Soley modified a social networking plan from high school to benefit friends with intellectual disabilities. JEFF HARPER/METRO

high school inclusion conference. When she moved on to university, she realized, many of her friends with intellectual disabilities would miss the opportunities they had enjoyed through that event.

"One of my best friends that

I met through the inclusion conference has autism. She's just magnetic, she's just the most bubbly person ... She would put it on her calendar, she looked forward to it for the whole year," Soley said.

"She really missed not having that opportunity to meet all those new people and so she was my main motivation for wanting to start it. I figured if it's something that's missing to her, it must be a gap that other people experience as well."

She decided to form an organization to hold events like the inclusion conference, but with no cutoff age. That way,



It's one day, but we want the connections to last for one year.

Meagan Soley

people with intellectual disabilities could enjoy a social networking experience specifically designed for them.

"It's hard to navigate because there are a lot of organisations and supports but there's not anywhere clear to go and find them all, so you have to kind of hunt them down," she said.

"Every year I find new organizations and new resources.

We have a full manual listing all facilitators so, that way, they get an updated booklet of resources every year that they can tap into."

The second annual DiscoverAbilities Event Society conference was held earlier this month. It attracted 80 delegates between the ages of 18 and 60; 16 different organizations facilitated sessions on topics ranging from African dance

and art therapy to interview skills and sexual health.

It also includes a community market to showcase local entrepreneurs and artisans with disabilities. Funding from the Spark Zone allows them to give every registered delegate \$15 in mock money to spend at the market, which vendors later exchange for cash.

"It's an annual event held on one day, but we want the connections to last for one year," Soley said.

"Whether you're finding a new dance program or a new friend to hang out with on a regular basis, it's one day that is kind of like a launching point for what you can use to live a full and meaningful life."

Soley said she collaborates with existing community organizations and doesn't compete for funding dollars.

She has plans to expand the organization to offer more than just an annual event. She said it's what delegates take from the annual experience that makes the year-long planning process worth it.

"One father emailed ... about his (very shy) daughter, who doesn't talk except to her support worker and this year she went home and just raved about how much fun she had, how great it was. And (she) said next year she's going to get up in the talent show and sing a song," Soley said.

"It seems small but, for someone who has a hard time just sitting and talking with people to get into a talent show and perform in front of 80 people, that's a huge thing — and it just speaks to the sort of atmosphere created there and just how great and welcoming it is.

"That's why we do it."

+ UNSUNG HERO

Do you have someone to nominate?

Each week, we will profile an unsung volunteer hero in our community as part of Halifax Heroes. To nominate

someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @metrohalifax using the hashtag #Halifaxheroes



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An idea with a lot of heart

POINT PLEASANT PARK

Student starts social media initiative to share the love



Rebecca Dingwell
For Metro | Halifax

Curtis Bureaux is looking to spread the love.

About a week ago, Bureaux started Make a Heart Halifax. It's a social media initiative with a simple premise: make a heart, take a picture and share it online.

"I just wanted to make someone's day and let someone smile," said Bureaux, a computer science student at Saint Mary's University.

Bureaux often goes running in Point Pleasant Park, with a bench near the beach as his "check point." There, he used rocks to put the first heart together and spelled out the words "make a heart," taking a video and posting it on Instagram. Since then, dozens



Curtis Bureaux among the hearts at Point Pleasant Park in Halifax. REBECCA DINGWELL/FOR METRO

have taken him up on the invitation.

"Initially, people in my friend group were doing it. But now, strangers who I don't even know are starting to share it," said Bureaux.

"The second day I came down here in the morning (and saw the hearts), I had a smile as big as my face. I was so happy and giddy inside."

Halifax Noise shared Bureaux's Instagram video,

which helped his social media following gain momentum.

"It blew up. It got like 2,000 views the first day."

On Saturday morning, there were no heart-makers to be seen — but Bureaux noticed a

"It is universal, and what's special about (hearts) is it means different things to different people."

Curtis Bureaux

few that hadn't been there the last time he visited the park. Someone even put the effort into spelling out "no thank you" with the rocks.

"At first, people mimicked my basic outline, then some were filling in the hearts," said Bureaux. "The really interesting one I saw was one made out of red rocks, and I don't know where they even got those rocks from."

Now, Bureaux hopes the initiative will spread to places outside Point Pleasant — like a public chalkboard — and maybe even to other parts of the country.

Until then, though, Bureaux is happy with how many people have shared their hearts.

IN BRIEF

Lottery awaits \$9.8 M winning ticket

If you bought a Lotto 649 ticket in Dartmouth last week, it could be your lucky day.

The winning ticket in Saturday night's draw was sold in Dartmouth, and is now worth a whopping \$9,824,873.50, to be exact.

The ticket with a guaranteed prize of one million dollars in the draw was sold in Ontario. The grand prize next week is an estimated \$5 million.

METRO

Car crash costs teen life

A 17-year-old boy is dead after his vehicle left the road near Sheet Harbour Saturday night.

RCMP say the crash happened on Highway 7 at 9:45 p.m.

The boy pulled out to pass another vehicle, and there was an oncoming vehicle in the passing lane. When he tried to swerve back into his own lane, his vehicle left the road.

The boy, from Moser River, was the only person in the vehicle.

METRO

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Symposium traces workplace racism



Rebecca Dingwell
For Metro | Halifax

Folami Jones hopes to start a conversation about workplace equity that "hasn't happened in a long time."

"As long as the conversation is only held in African Nova Scotian communities, then we're always carrying that weight," said Jones, an organizing member of Working While Black in Nova Scotia.

"If we bring it to the larger community in Nova Scotia, then the onus — which it should be — is for the general public to take on and do something about it."

Working While Black is a joint effort by Kwacha House Cafe (which is owned by Jones), Ujamaa and Solidarity Halifax. For over a year, the project's web-

site has been a space for African Nova Scotians to share stories of racism they've experienced in the workplace.

On Saturday, Working While Black hosted a symposium at the Community YMCA in Halifax.

During the panel discussion, speakers traced the history of anti-Black racism to ongoing discrimination in the province.

"We've got these stories, but there was this energy to action," said Jones.

34.8%

Data shows that 34.8 per cent of African Nova Scotians lived in low-income families, compared to a 16.5 per cent rate in the rest of the province. 2011 NATIONAL HOUSEHOLD SURVEY

IN BRIEF

Man stabbed in robbery

A man was stabbed several times after getting into a struggle with someone who was trying to rob him.

Halifax Regional Police say three men with their faces covered broke into a residence in the 0 to 11 block of Old Sambro Road and tried to rob the people inside. The victim got into a struggle with one of the suspects and ended up being stabbed several times. He suffered non-life threatening injuries.

The incident took place around 12:20 a.m. on Sunday. METRO

Assault, robbery in Cole Harbour weekend incident

One person was robbed and another assaulted during an incident in Cole Harbour on Saturday.

The RCMP say two men aged 18 and 19 were walking on John Stewart Drive near Halo Lane at 11 a.m. when three males confronted them, demanding they turn over their belongings.

One of the victims had his wallet and cigarettes taken. The other was punched and kicked. The victim who was assaulted suffered minor injuries. METRO



Community officer Const. Shawn Currie, the Halifax police officer who was pictured having a chat with a busker on the sidewalk has been turned into a series of illustrative memes shared across social media. THE CANADIAN PRESS/HO-@CAPTSWIGGY

Twitter turns officer into viral superstar

#HALICOP

Const. Currie even makes cameo in Miley Cyrus video

A Halifax police officer who has touched many Canadians is popping up in paintings, movies, video games and even a Miley Cyrus music video thanks to a transformative online hashtag.

A photo of a Const. Shawn

Currie sitting on the sidewalk with a busker has captured the hearts and 'likes' of thousands of social-media users since being posted on Thursday.

After hundreds of reposts and shares, the photo has mutated into an online meme under the hashtag #HaliCop.

Photoshopped creations insert a reclining Currie into all manner of fantastical scenarios — taking in The Starry Night by Vincent van Gogh, casting a spell in Harry Potter, or being stacked in an all-Currie game of Tetris.



Well, Twitter. You never let us down. We're cry-laughing ... (and) super impressed!

Halifax Regional Police via Twitter

Twitter user @CaptSwiggy had Currie swinging into Miley Cyrus's "Wrecking Ball" video.

In a meta-take on the #HaliCop phenomenon, 12-year-old Luke Sullivan paid homage to previous viral photo of Currie.

In the reimagined photo, Currie writes a fake ticket for himself — taking the place of a three-year-old boy who was

"illegally stopped" on his plastic motorcycle last year.

Halifax Regional Police has embraced the community officer's social media celebrity. The force announced that Currie would pick his favourite creation on Monday, with the winner receiving a travel mug signed by the #HaliCop himself. THE CANADIAN PRESS

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POLITICS

Former Liberal leader Bob Rae apologizes for his 'joke'

Prime Minister Justin Trudeau offered rare praise Saturday for Conservative predecessor Stephen Harper but at least one Liberal elder statesman found it a bit hard to swallow.

Bob Rae was caught on video sticking two fingers in his mouth, pretending to gag.

The former interim Liberal leader later refused to comment on his gesture, which was caught on video by a reporter for The Canadian Press.

However later he posted an apology on Twitter calling it "a joke in poor taste that I regret very much."

The video, posted on Twitter, quickly made the rounds at the Liberal national convention, provoking both hilarity and consternation.

Rae's gag reflex was stimulated during a speech by Trudeau to the convention, the first such gathering since the



PM Justin Trudeau holds six-month-old Finn Lipka prior to the 2016 Liberal Biennial Convention in Winnipeg on Saturday. JOHN WOODS/THE CANADIAN PRESS

Liberals defeated Harper's Conservatives in last fall's election.

After taking a few pokes at the Tories, who were simultaneously holding their own convention in Vancouver, Trudeau turned serious.

"We need to remember that even though they may be our opponents, they're not our enemies. They're our neigh-

bours and our friends," he said. "So, I want to take a moment. You see, there are only a handful of people alive who know what it's like to do this job ... And I can tell you, even if you weren't a fan of his politics, there can be no doubting Stephen Harper's commitment to our country."

Trudeau asked Liberals to

join him in thanking Harper, who has let it be known he will retire from politics over the summer, for "his many years of public service."

Trudeau was not all sweetness and light when it came to the Conservatives, however.

He also noted that the Tories had been debating at their convention whether to delete

the party's policy on marriage being the union between one man and one woman.

"Among other things, they're debating the merits of marriage equality. In 2016. More than a decade after we made same-sex marriage legal in Canada," Trudeau said to gales of laughter.

"Well, better late than never, right? Who knows, ten years from now they might finally be willing to admit that climate change is real. Or that tax cuts for rich people don't help the middle class. Or that government shouldn't legislate what women are allowed to wear on their heads."

The Conservatives voted Saturday to drop the sections of its policy opposing same-sex marriage. THE CANADIAN PRESS



Bob Rae makes a gag motion at praise for Stephen Harper. THE CANADIAN PRESS

GAY MARRIAGE

'It's about freedom and respect'

Conservatives emerged from a spirited convention Saturday, ties to many of their past policies and politics severed after days of debate that many say is proof that the party is on the rebound.

The party wiped a policy opposing same-sex marriage off its books Saturday and adopted another supporting a more permissive approach to marijuana after two and a half days of introspection and intense public debate.

"It's a demonstration of the maturation of our party," former Tory cabinet minister Peter MacKay said.

The vote followed emotional debates in policy workshops Friday and on the floor Saturday with some social conservatives arguing that any leadership candidate who supported it would automatically lose their vote.

That didn't faze candidate and MP Maxime Bernier, who spoke in favour of the motion from the convention floor.

"It's about freedom and respect. It's about us and telling Canadians that you can love who you want and that you can be in love," he said. THE CANADIAN PRESS

FORT MCMURRAY

Expert warns of rate rise, but insurer insists that won't happen



Kevin Maimann
Metro | Edmonton

Record-breaking insurance payouts after the Fort McMurray wildfire could lead to higher premiums according to one expert, but Alberta's largest insurer insists it has no plans to raise rates.

Anne Marie Thomas, an insurance expert with InsuranceHotline.com, said companies should have no problem paying out policy holders but will likely

face higher premiums from the re-insurance companies that protect them from large-scale losses.

"That, the majority of the time, gets passed along to the policy holder, being folks like you and I," Thomas said.

Rates could go up across Canada as a result, and new limits might be placed on certain types of coverage. For example, she said, after floods devastated some Alberta communities several years ago, many insurance companies increased the premiums for water damage coverage or limited the amount that they

would pay out in the future.

Insurance companies could also increase deductibles for home insurance.

With tens of thousands of residents being displaced by the Fort McMurray blaze for almost an entire month, Thomas says there could be changes made to additional living expenses in future policies.

"We could see changes to that coverage. If that's where insurers spent the majority of their claims payout, then that's where you might see the increase or the limits on coverage," she said.

Rosa Nelson, vice president of sales and business development with Intact — Alberta's largest insurer — said the company is looking at a net loss of \$130 million to \$160 million after tax, including reinstatement premiums.

Intact subsidiaries insure about 3,300 customers in Fort McMurray, but Nelson said customers should not worry about their rates going up.

"Events like that make us look

\$742M

The current highest insurance payout as a result of the Slave Lake fires.

at the product, but we don't go and then carte blanche raise rates for everybody across the province," she said.

The Fort McMurray fire could result in a total insurance payout between \$2.6 billion and \$9 billion, according to a report released earlier this month by BMO Capital Markets, which would be far-and-away a Canadian record.

The current highest payout was \$742 million as a result of

the 2011 Slave Lake wildfires, after which insurers took years to settle all their claims.

Nelson said Intact did not raise deductibles or premiums as a reaction to the Slave Lake blaze.

The company did, however, start working more closely with government on how and where communities are rebuilt, as well as what kinds of materials are used to build new homes.

"We've got some smart people who are able to ensure that we can cover events like this and it doesn't impact our financial stability," Nelson said.

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Daesh data reveals profile of recruits

TERRORISM

Majority of recruits from Saudi Arabia

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These are the questions Daesh recruits answer on an entry form when joining the group. Bureaucracy is not something that leaps to mind when thinking of terrorists, but Daesh has proven meticulous in its record-keeping and data entry.

In recent months, Daesh defectors have been leaking these to journalists and academics, providing an intriguing snapshot of who joins the group and how. One database, which lists more than 4,000 members, including information on 16 Canadians, was shared by researcher Amarnath Amarasingam and analyzed by Toronto Star data specialist Andrew



Bailey. The most striking information gleaned is the vast diversity of recruits, debunking theories that there is a common Daesh profile.

Of the 4,078 entries, the average birth year is 1988, which means most recruits were 25 or 26 when they arrived in Syria between 2013 and 2014, the period covered by the database. But more than 770 recruits are under the age of 21.

The number of recruits going to Syria peaked in July 2014, after Abu Bakr al-Baghdadi declared the group's caliphate.

The categories that list recruiters and those who facilitate travel would likely be valuable intelligence for law enforcement agencies trying to stem the flow of fighters.

The name Abu Muhammad

al-Shimali is listed in more than 1,000 entries as a facilitator. While this is a kunya, or nickname, and difficult to confirm an identity, there is a well-known Daesh member who goes by that name and is being sought in connection with the 2015 Paris attacks.

The U.S. State Department's Rewards for Justice program lists 36-year-old Saudi citizen Tirad al-Jarba, known as Abu Muhammad al-Shimali, as the leader of the "Immigration and Logistics Committee," and is responsible for facilitating the travel of foreign fighters.

The majority of recruits in the database are from Saudi Arabia, but Tunisians make up the largest percentage per population.

TORSTAR NEWS SERVICE



In this May 25, 2016 file photo made available by the Italian Navy, people try to jump in the water right before their boat overturns off the Libyan coast. ITALIAN NAVY VIA THE ASSOCIATED PRESS

MIGRANTS

Fears for more than 700 people

Survivor accounts have pushed to more than 700 the number of migrants feared dead in Mediterranean Sea shipwrecks over three days in the past week, even as rescue ships saved thousands of others in daring operations.

The shipwrecks appear to account for the largest loss of life reported in the Mediterranean since April 2015, when a single ship sank with an estimated

800 people trapped inside. Humanitarian organizations say that many migrant boats sink without a trace, with the dead never found, and their fates only recounted by family members who report their failure to arrive in Europe.

"It really looks like that in the last period the situation is really worsening in the last week, if the news is confirmed," said Gio-

vanna Di Benedetto, a Save the Children spokeswoman in Italy.

Warmer waters and calmer weather of late have only increased the migrants' attempts to reach Europe.

The largest number of missing and presumed dead was aboard a wooden fishing boat being towed by another smugglers' boat from a Libyan port that sank Thursday.

THE ASSOCIATED PRESS

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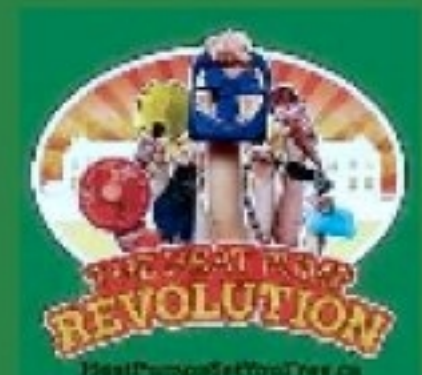


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Going from stale to sweet

DOUGHNUTS

Krispy Kreme 'coming back with a vengeance'

When North Carolina-based Krispy Kreme launched in Canada in December 2001, people swarmed Toronto's Union Station for free samples and lined up around the block to wrap their lips around those sugary glazed treats. So whatever happened to the once-beloved brand north of the border?

"People ask us that all the time, but actually we never went away," says Chris Lindsay, partner and co-franchisee of Krispy Kreme's Canadian arm.

Lindsay is one of a new trio of Canadian investors who are looking to make dough again under the Krispy Kreme banner with a more measured growth plan than its original,



After a not-so-sweet history in Canada, Krispy Kreme is eyeing an expansion. TORSTAR NEWS SERVICE

not-so-sweet foray into the picky doughnut market here 15 years ago.

"There was almost too much hype then," says partner Keith Stein, a former Magna executive.

Things got stale fast amid a rapid expansion. The U.S. head office also required the former

Canadian division to build expensive, giant stores that were about 5,000 square feet, which quickly ate into profits. Tim Hortons on every corner didn't help either.

At its height over a decade ago there were 18 stores and 1,000 employees. Today there are just six locations in Canada.

It's the company's new café concept, which includes a "Hot Now" convection oven where customers have the option of getting their doughnuts warmed up like they were just made. They also have everything from Kruffins (a muffin with a stuffed doughnut hole) and frozen drinks to a few savoury options like a bagel and cream cheese.

"This company is coming back with a vengeance," says Stein.

Two smaller Krispy Kremes are located in downtown Toronto, two in Quebec and one in B.C.

Krispy Kreme is now in 27 countries and the U.S. has 300 locations, or one quarter of the chain. The new Canadian corporate team estimates a roll-out of another 50 stores with a much smaller footprint this time across Ontario and Quebec over the next few years.

Of course Tims, with nearly 4,000 stores in Canada, won't be quaking in its Timbits, says Queen's University marketing professor Ken Wong, who sees Krispy Kreme as more of a specialty dessert chain like Mrs. Fields rather than a coffee shop. "I don't think you'll see Krispy Kreme outlets on every corner but I think there is room for a smallish number of them in Toronto," he says.

Stein says the menu could expand because the brand is flexible, but they don't want to stray too far from their signature doughnuts and spread themselves too thin.

"We are small enough to be nimble in ways others can't be." TORSTAR NEWS SERVICE

UNITED STATES

Low loonie changing travel

Canadian travel to the United States hit a six-year low this winter as a weak loonie and lower airfares prompted more residents to visit other international destinations.

Last year's decrease of Canadian travellers to the U.S. continued in the first three months of 2016 as 4.38 million Canadian residents went across the border for at least one night, down 13 per cent from the same period in 2015 and matching a low set in 2010, according to data from Statistics Canada.

While interest in the U.S. has waned, 3.8 million Canadians travelled to other international destinations, up 6.2 per cent over the previous year and 33 per cent since 2010.

The low value of the loonie has also attracted more visitors to Canada. After holding steady for several years, American visits to Canada were up almost 20 per cent between January and March, while the number of visitors from other countries was up 10 per cent over 2015 and 26 per cent from 2010.

THE CANADIAN PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION The guy in the cubicle next to mine is awful. Help!

Dear Ellen,

I recently got a new neighbour at work. We work in the same department, but I don't really know him. He is loud, constantly has people stopping by for non-work-related issues and keeps banging into our shared cubicle wall. I don't want to seem unfriendly, but it's interfering with my work. What's the best way to deal with this?

Dee

Dear Dee,

The most effective way to deal with this is simple behaviour modification. Mount a pail of ice water above your neighbour's desk, then jerry-rig a triggering device that tips the pail over and douses him every time his voice goes above 75 decibels or he jostles your cubicle wall.

Alternatively, you could arrange a collection of precious figurines along the top edge of your shared cubicle partition, making sure they fall and smash at the slightest disturbance, then present him with



© Ami Castilla

the bill.

Musical chimes are also worth considering. Mount them all over your cubicle and let the torturous tinkling begin as the tremors roll in from the new guy's antics.

The possibilities are endless! And tempting. And, alas, potentially illegal.

But, worst of all, they are impolite.

As with virtually all relationship problems, your first resort must be to speak directly to the party on the other side

of the problem. This is challenging, I know. In my cowardly youth, I once left the continent for six months rather than confront a friend about a minor transgression, which I now can't even remember. A lot of us were taught from childhood to keep our traps shut and pretend everything is just fine dammit, which is a useful skill in some etiquette situations, but a terrible handicap when it comes to honest communication.

And everyone deserves hon-

est communication — even the rampaging lout in the next cubicle. It's important to tell him that his conversations and partition-banging are making it hard for you to work.

It's also important to tell him this in a non-confrontational manner. If you're afraid of appearing unfriendly, you might even bring a coffee and muffin along to the conversation, which will show you are acting in good faith and set the tone for a friendly chat.

You can also keep things civilized by beginning or ending the chat with questions about how he's doing in his new position. But you have to take a big, deep breath and mean it. Don't feign politeness. People can smell that passive-aggressive stuff a mile away, and it makes them justifiably angry, which is what you don't want. What you do want is for this guy to realize how oblivious he's been, be sorry and attempt to change his ways.

Unfortunately, if he's truly a selfish boor, the whole honest, coffee-muffin-and-a-side-of-sincerity approach will feel like a pointless exercise. But it's not. You owe it to yourself to do the right thing first. If it doesn't work, well, all bet are off: you may, with a clear conscience, complain to co-workers about this antisocial clown, ask your supervisor for help, invoice the department for earplugs, or rig up that pail of ice water.

Need advice?
Email Ellen:

scene@metronews.ca

ROSEMARY WESTWOOD metroview



Towards a taxonomy of sidewalkers

A friend was nearly bowled over the other day by a man on a mission.

"I'm just trying to walk in a straight line!" he bellowed as he pressed by.

She was unhurt, but stranded on the wrong side of the sidewalk sign outside the café she was angling for.

It didn't have to go that way. He could have simply adjusted his trajectory 30 degrees or so, and they would have both had room. But 30 degrees was just too much for him that day, it seems. And to a degree, I sympathize.

Summer is a season of many things, but few so acutely felt as sidewalk navigation. Streets that, during winter months, you had to yourself are suddenly bursting with biped meanderers; now, instead of simply going to the shops, you must first complete a complex obstacle course.

You can tell much about a person by the way they walk down a sidewalk.

There is the clueless walker, oblivious to all around them, like a daydreaming child. What are they looking at? It's impossible to say. But one thing they are definitely not looking at is other people, trying to get by. Who actually have things to do.

There is the daredevil walker whose every outing is a game of chicken. You lock

eyes. "I see you," his say. "And I will not move." He sets his body like battering ram, and if you dare test his mettle, you could end up bumping right into him, chest to chest.

There is the couple who, by virtue of their relationship, believe they deserve to take up the full width of the sidewalk. They're not going to shimmy into single file for even a split second to avoid oncoming traffic. They're together.

There is the abrupt stopper who seems so confused by his chosen path that he'll stop short to get his bearings. It immediately becomes clear that he has no bearings.

There is the child who can be forgiven for walking like a drunk because her brain isn't fully developed, let alone her concept of sidewalk etiquette.

Add to these: the diagonal walker, who can't pick a lane and stick to it; the capitulator, my kin, who will shift direction or even cross the street in a mix of deference (to her city-mates) and selfishness (never sacrificing her own pace).

Part of me wishes everyone would disappear. Then I'd experience less bubbling rage. But that wouldn't be very urban-minded of me. The whole point of a city is to communally partake of all that's on offer. And no matter how much you may feel you own it — no single sidewalk was built just for you.

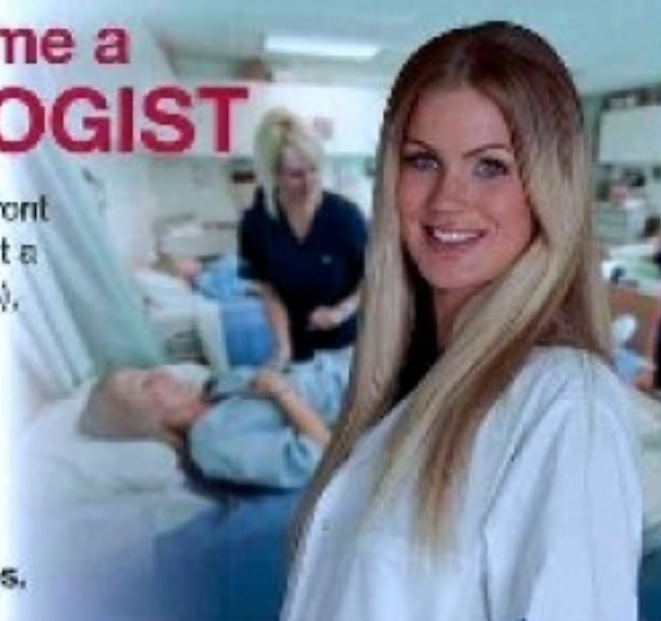
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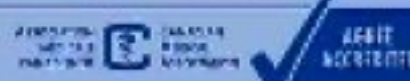
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Giving a voice to the voiceless

NEW RADIO SHOW

Candy Palmater is ready to bring Canada a fresh perspective

Megan Haynes

For Metro Canada



Toronto-based Candy Palmater is a bit of an overachiever: the youngest of six, she graduated law school at the top of the class and was the first Mi'kmaq to land a job at a Halifax law firm.

But that wasn't quite the right fit for Palmater, so she quit her job and ventured into comedy, taking the stage across the country. This led to a four-season TV show on the Aboriginal Peoples Television Network, and now she's joined the ranks of CBC hosts, lending her voice to the radio waves with a new two-hour daily series. Metro caught up with Palmater to hear more about what brought her to this point.

In previous interviews, you've said you've struggled not to be put into specific boxes...

It's been my lifelong quest.

I've always been somebody who colours outside the lines. It's the whole reason I stopped being a lawyer — I never felt further away from myself than



'I'm queer, a menopausal woman. I'm Mi'kmaq. There are so many things about me that make my perspective different than what you're used to hearing on national radio,' says Candy Palmater. CONTRIBUTED

when I was a lawyer.

What prompted you to get into law in the first place?

I've always had the urge to give voice to people who don't have a voice. At 25, I couldn't think of another way to do that than becoming a lawyer. I always had the notion that's where

advocacy lived. When I got to law school, there was a lot of talk that no Mi'kmaq person had ever been hired at a firm. So I drank the Kool-Aid and thought, "I have to get hired at a firm." And I was.

(But) suddenly I woke up as a lawyer and (thinking) what have I done?

How does being an entertainer help you be an advocate?

For two hours a day on the radio, my perspective will be so different than the perspective you normally hear on the radio. I'm queer, a menopausal woman. I'm Mi'kmaq. There are so many things

about me that make my perspective different than what you're used to hearing on national radio.

Why is it important to have that voice?

The country is made up of such a diverse group of people — particularly for the public broadcast-

er. People have to hear themselves reflected. There needs to be an opportunity for people to say "here's where I belong."

If your experience is never reflected to you — in movies, in books, in TV — it's very isolating.

Has anyone told you about when you inspired them?

I was at a big event (doing a) comedy show and I talked about how I met my wife. Later, I got an email from a kid who was in the audience.

He said "I was bummed about going to this (show): it was going to be all native kids, and I'm gay."

In the First Nations community we're still not embracing and open to queer culture. So he said, "I'll have to be someone else. But there you were at 8 a.m. talking about your big, gay self and everybody loved you."

He went home that night and asked his parents if they knew who Candy Palmater is, and they said yes, they knew me personally.

He asked if they knew I was gay, and they said yes. So he came out to his parents because he thought if they were OK with me being gay, they'd probably be okay with him being gay. And they were.

CATCH IT

The Candy Palmater show launches May 30. It airs weekdays Monday to Friday on CBC Radio One at 1 p.m.

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YOU CAN DO THIS MEDICAL ASSISTANT

'I never feel stagnant'

WHY I LIKE MY JOB

Stevie Blanchard, 28, Medical Office Assistant at Preventous Cosmetic Medicine

I always knew I would choose a career that involved helping others. I graduated from Okanagan College in British Columbia with a Unit Clerk/Medical Office Assistant diploma. There, I received extensive training in numerous areas of the medical field including transcription, medical terminology and electronic medical record systems. In addition, I participated in various workshops and obtained practicum training that helped prepare me to work in a medical setting.

The choice to work in health care came naturally to me. I wanted a career that was challenging and allowed me to make a difference, yet was flexible enough for me to spend time with family. What excites me the most is that health care is a continuously evolving field so I never feel stagnant. Some of my duties include booking and confirming appointments, maintaining confidential medical files and records, and ensuring effective office procedures. I also really enjoy the interactions and relationships I develop with clients. Nothing makes me happier than ensuring our clients' needs are taken care of from the moment they arrive and beyond.



THE BASICS: Medical Assistant

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Median wage of entry- to intermediate-level medical assistants. Advanced professionals in this field, such as medical office managers or executive secretaries, can earn upwards of \$60,000 annually.

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The amount of growth expected in this field over the next 8 years

Data for this feature was provided by payscale.com, servicecanada.gc.ca, rhdc.gc.ca, trade-schools.ca and onetonline.org.

HOW TO START

Although medical assistants don't need to obtain a specific certificate or licence to work in the field, suggested credentials include a post-secondary diploma or certificate in health care administration or medical administrative services. Programs typically span two years or less.

WHERE YOU CAN GO

An aspiring medical assistant can expect to find work in varying environments, including walk-in clinics, dental centres, nursing homes, insurance firms and public health agencies. The career outlook is particularly bright due to higher projected retirement rates and slightly above average turnover rates. Job duties have diversified to include office reception and basic accounting; however, responsibilities tend to be more advanced or management-based than those of non-medical administrative workers.

NEXT CAREER STEP

Those interested in this career path or currently seeking advancement may opt for additional training in medical terminology, patient relations, medical office software and health care policies. Generally, a medical assistant will advance progressively to a senior admin role as they gain more experience in report writing and health record maintenance, office communications and day-to-day financial matters.

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"This is the most fun I've had since I've been in the league": Soon-to-be free agent centre Bismack Biyombo on the Raptors' run to the East final

Knights crowned CHL's champions

MEMORIAL CUP

Tkachuk pots OT goal to give London its 2nd national title

The London Knights can call themselves the best team in the Canadian Hockey League.

Matthew Tkachuk scored his second goal of the game 7:49 into overtime as the Knights captured the 2016 Memorial Cup on Sunday by downing the Rouyn-Noranda Huskies 3-2.

It's London's second Memorial Cup, with its other coming in 2005.

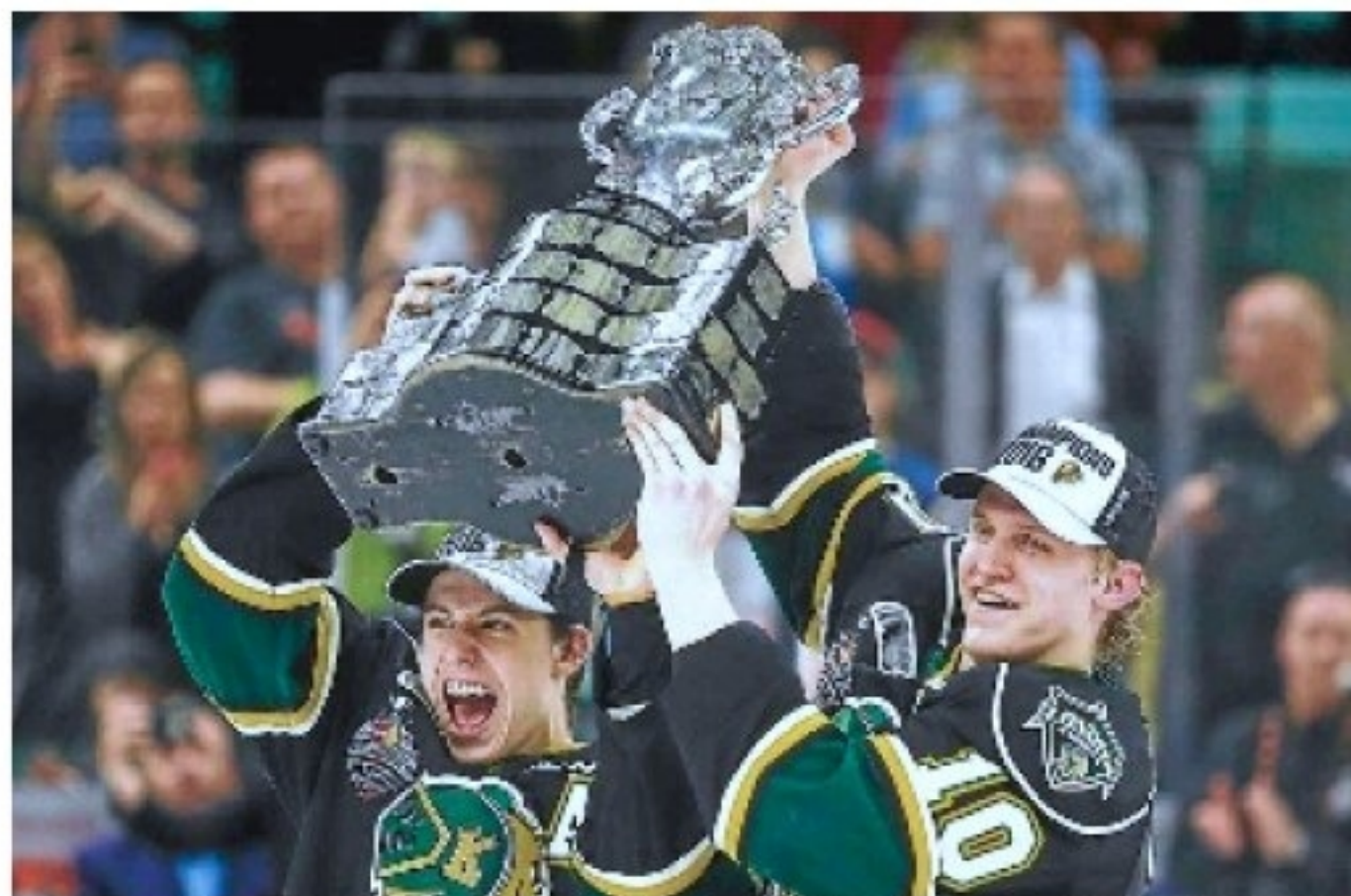
Christian Dvorak also scored for the Knights, who entered the final on a 16-game win streak. Tyler Parsons made 29 saves.

London's Mitch Marner was named the tournament's most valuable player.

Francis Perron and Julien Nantel scored for the Huskies. Chase Marchand stopped 30 of 33 shots.

The Knights led 11-6 in shots after 20 minutes, but failed to score a first-period goal for the first time all tournament.

Tkachuk finally opened the scoring with 10:41 to play in the second, tipping in a saucer pass out of the air from Marner. The lead only lasted 15 seconds as Perron beat Parsons from the goal crease off a pretty feed from



London Knights Mitchell Marner, left, and Christian Dvorak lift the Memorial Cup after beating the Rouyn-Noranda Huskies in Red Deer, Alta., Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

FINAL In overtime

3	2
KNIGHTS	HUSKIES

Timo Meier, who circled the net before finding his captain.

Jacob Graves took a tripping penalty, leading to Rouyn-Noranda's first power play of the game. Parsons came up big on it,

once going post to post to post while keeping the puck out and the game tied 1-1 heading into the third period. Shots were 16-10 Huskies in the second.

The goalie battle continued to start the third period as both came up huge in the opening minutes.

The Knights were forced to take a timeout 4:11 into the period as Rouyn-Noranda kept up its pressure and London was caught with tired legs on an

icing.

Nantel scored 9:13 into the third off a pass from Alexandre Fortin to give the Huskies a 2-1 lead and London's first deficit of the entire tournament.

Dvorak came through for the Knights with the tying goal with 4:11 to play, taking a back-hand pass from Berisha and putting it blocker side on Marchand. It was his tournament-leading seventh goal at the Memorial Cup.

THE CANADIAN PRESS

NBL CANADA

Hurricanes take on Lightning for title



Kristen Lipscombe
Metro | Halifax

+ HOME COURT

Games 1 and 2 will be hosted by the Hurricanes at the Scotiabank Centre on Friday and Saturday. Tipoff will be at 7 p.m. for both nights.

The Halifax Hurricanes know who they'll be tipping off against in the upcoming National Basketball League of Canada championship.

It'll be the London Lightning, who defeated the Windsor Express 107-88 in Game 6 of their best-of-seven series Friday night to claim the Central Division title with a 4-2 record over the defending NBL Canada champions.

The Hurricanes swept the Saint John Mill Rats in four games to advance to the league championship, the last match-up of the Atlantic Division series a 109-80 win on the road May 21.

The Canes also swept the Is-

land Storm with three straight wins in their best-of-five series in the first round of this season's playoffs.

The NBL Canada championship will unfold in a 2-3-2 format, with the first two games taking place this Friday and Saturday night at the Scotiabank Centre in Halifax.

The next three games will be scheduled in London, while the final two matchups will come back to Halifax, if needed.

IN BRIEF

Raonic ousted in Paris

Milos Raonic is out of the French Open. The eighth-seeded Canadian lost 6-2, 6-4, 6-4 to Albert Ramos-Vinolas in the fourth round in front of new coach John McEnroe.

Cool and very cloudy weather on Sunday appeared to take some bite out of Raonic's serve. The quarter-finalist at Roland Garros in 2014 also complained of an aching left hip in his previous match.

THE ASSOCIATED PRESS

Rossi's last gas wins Indy

An unfamiliar driver, an American no less, ushered in a new era at Indianapolis Motor Speedway by outlasting his faster rivals — and his fuel tank.

Alexander Rossi stretched his final tank of gas 90 miles to cycle into the lead as others had to duck into the pits for fuel. He ran out of gas after taking the checkered flag and his Honda had to be towed to the victory celebration.

THE ASSOCIATED PRESS



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RECIPE Easiest Tomato Tart



PHOTO: MAYA VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

This simple, summery tart is elegant enough to serve to guests but easy enough to whip together for yourself.

Ready in

Prep time: 5 minutes
Cook time: 25 minutes

Ingredients

- 1 sheet of puff pastry
- 2 Tbsps olive oil, approximately
- 1 pint of cherry tomatoes
- 1/4 cup fresh basil, chopped
- 1/2 cup grated mozzarella cheese
- 1/2 cup grated Parmesan cheese
- salt and pepper to taste

Directions

1. Preheat oven to 400 degrees. Most puff pastries come in a package with two sheets of dough. You'll only need to use the one.

2. Tear off a 18-inch sheet of parchment paper. Place the paper on a work surface and lightly flour it. Roll the pastry out on the paper until it is an 8 by 12 inch rectangle. Carefully place the paper on a baking sheet. Use a fork to poke holes all over the dough. Take a small, sharp knife and create a border about 1/2 inch in, all around the rectangle. Be careful not to cut all the way through!

3. Drizzle the oil over the pastry. Now scatter the cheese across the dough and place tomatoes on top. Sprinkle your herbs on top and add a pinch of salt and pepper.

4. Place in a hot oven for 20 to 25 minutes until the pastry is golden and the cheese is bubbling. Allow to cool slightly before cutting.

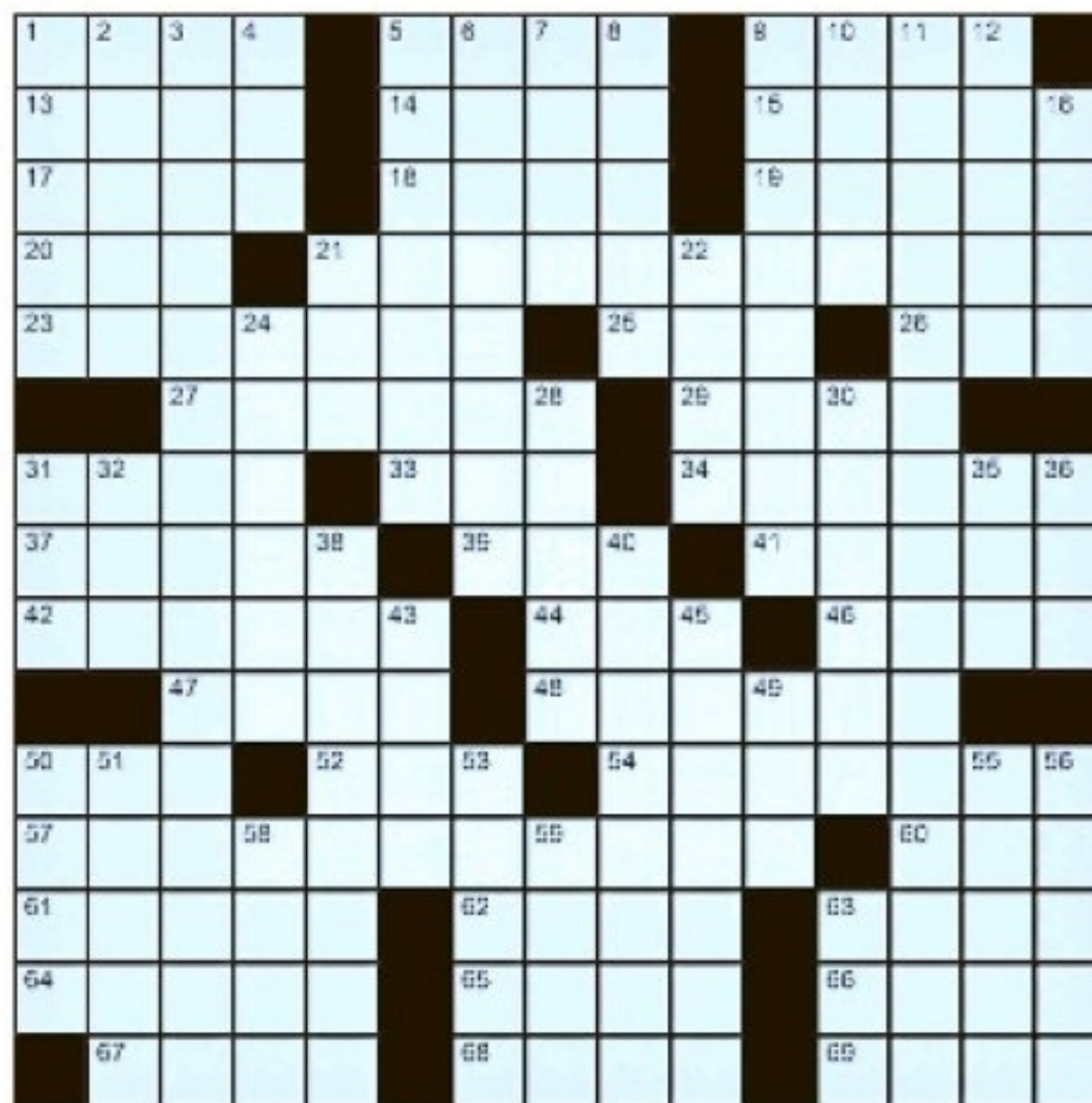
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Ex-One Direction member, singer of "Like I Would"
- Canadian ice dancer, _Lynn Bourne
- Naja Hajes
- Heroic verse
- Had in hand
- River of Germany
- French pronoun
- John Mellencamp's "Get __ Up"
- Terra __
- Sort
- Customers might ask for them in stores for any products without a tag on them: 2 wds.
- Around-the-clock
- Sensitive
- Writer Mr. Milne's
- "__!" (Retort to a rather clever barb)
- Retreat
- Largest freshwater lake of Japan
- 'Stock' suffix
- Particular pronoun
- Russian pancake
- Pouch
- Alexander's nickname
- In a detached manner
- Active ingred. in marijuana
- Greatest
- Comicdom's Olive, and surnamesakes
- Dr. Jason __ (Alan Thicke's "Growing Pains" role)
- "Mazel __!"
- Not specialized [abbr.]
- Progresses



- New Brunswick's provincial capital
- "Hal See __ care."
- Heretofore: 2 wds.
- Stuff
- Land unit
- A famous Tea
- Real

- Subj. with maps
67. Covered iron
- Fewer
- Feudal labourer

DOWN

- Gabrielle __ The Storied Life of A.J. Fikry novelist
- 2007: "Dancing

- with the Stars" Season 4 champ Mr. Anton Ohno
- Shania Twain's "Don't Be Stupid (____)"
- "Laughter in the Rain" singer...his initials-sharers
- 1979: "My __" by

- The Knack
- Chopper takeoff/landing spots
- Mr. Baldwin
- Lawn __ (Grass trimming tool)
- Grand church entrances
- Sandal or pump
- Grooming, veter-

- inarian, obedience classes, etc.: 3 wds.
- __ Spruce (Big tree along coastal British Columbia)
- Northern BC's __ River
- Liq. measures
- Tranquil
- Beer/lemonade drink
- Marsh matters
- "The Jeffersons" star Ms. Sanford
- Eng. network
- UN workers' gr.
- J.R. Ewing's portray-er's initials-sharers
- Frying pan excess
- Holler heard when the phone rings!: 3 wds.
- Fastest spotted big cats
- Flanders river
- Rollicks
- Max Sybow link
- Brand of frying pan
- Canadian figure skating great Brian
- 1979: "Making Plans for __" by XTC
- Actor Zac
- Steven Seagal movie, "Under __" (1992)
- House rooms
- 1991: "Finally" by __ Peniston
- Human's on-the-planet number

*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you can see new sources of income or new uses for something you own because you are in a resourceful frame of mind. You will impress bosses and VIPs.

Taurus April 21 - May 21
Today you are intrigued with mysteries, puzzles and finding solutions to strange problems. In a way, you have the mind of a sleuth.

Gemini May 22 - June 21
Any kind of research will go well today, because your mind is probing and insightful. You want answers to old problems, and you will leave no stone unturned.

Cancer June 22 - July 23
You might attract someone powerful to you today. In any event, conversations with friends or members of groups will be intense and will focus on serious subjects.

Leo July 24 - Aug. 23
Discussions with bosses, parents and VIPs will be intense and powerful today. You might want to pull your punches because you don't want to overwhelm anyone.

Virgo Aug. 24 - Sept. 23
If you are involved in talks about politics, religion or racial issues today, you might get more than you bargained for. People are intense today and will fiercely defend their beliefs and prejudices!

Libra Sept. 24 - Oct. 23
You might get to the bottom of why there is a dispute over inheritances or shared property today. You will see the real reason, that behind the scenes there is conflict.

Scorpio Oct. 24 - Nov. 22
Go gently when talking to friends, spouses and partners today, because people are intense. This means they will try to persuade you to agree with them.

Sagittarius Nov. 23 - Dec. 21
You can see ways to make improvements and reforms on the job today; however, others might not listen to you. Instead, focus on how you can improve your own health.

Capricorn Dec. 22 - Jan. 20
Romance is passionate today. Meanwhile, parents should be gentle with their kids, because misunderstandings might arise.

Aquarius Jan. 21 - Feb. 19
You might see ways to make improvements at home today, especially by removing something you no longer need or tearing it down. It's also a good day to recycle and streamline.

Pisces Feb. 20 - March 20
Those of you who write for a living or who are in sales and marketing will be productive today, because you have strong opinions. Not only that, you will be persuasive.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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